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Back to standing on guard for thee

The young corporal who was standing sentry alongside Cpl. Nathan Cirillo the day he was killed is set to return to duty

PAGE 8

GETTING CUT VIA A LITTLE NIP, A LITTLE TUCK

THE NUMBER OF MEN GOING UNDER THE KNIFE FOR A SUPERHERO'S PHYSIQUE HAS INCREASED

PAGE 14



Drivers wanted: Uber in town

'Exploring opportunities.'

Ride-share app holds driver-registration event in Edmonton



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Edmonton drivers looking to score a quick buck could find themselves enlisted by taxi alternative Uber, as the U.S.-based company hosts a three-day driver draft in the city.

The ride-share company will be holding "driver partner registration" starting Tuesday and running through Thursday, but the city's business licensing authority said it's unclear what kind of services Uber plans to offer.

"What they're doing here, it appears, is they're signing up anybody to be a taxi driver in their own personal car," said Garry Dziwenka, director of business licensing and vehicles for hire.

Right now, the city doesn't allow for just anyone to operate a taxi, said Dziwenka, because it's just not safe.

"To drive a taxi legally in



Uber makes a move to launch in Edmonton as the U.S.-based company hosts a driver registration event Tuesday, Wednesday and Thursday in the city. GETTY IMAGES

Edmonton, you must have a City of Edmonton taxi driver's licence," he said.

Dziwenka said according to Uber's event notification, attendees can earn \$50

if they bring a copy of their driver abstract to the registration.

"It's not clear if you need a driver's abstract to drive with them," said Dziwenka.

"Even if they did need one, they didn't make it clear the criteria they judge that abstract on."

Most importantly, Dziwenka noted, attendees are

asked to bring their personal vehicle insurance policy showing their name.

But all legal taxis, including independents, are required to have commercial insurance and commercial plates, he said.

Uber currently operates two services: UberBLACK, which features professional chauffeurs with commercial licences, and the more controversial UberX, which allows anyone over 21 years old to become a driver after a company screening process.

Dziwenka said if Uber does come to Edmonton, the city would consider the company a taxi broker and require them to carry a broker's licence.

On Monday, Uber spokesperson Lauren Altmin confirmed Uber will be holding a driver registration event in Edmonton, but would not confirm which type of driver the company was hoping to register.

"This is a part of us further exploring opportunities," she said. "Residents of Edmonton have been opening the Uber app and asking us to come (to) their town and we look forward to exploring opportunities further."

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Businesses want Car Free Whyte Ave. 'done right'



Traffic direction is a concern of some residents in the area with the Car Free Whyte Avenue proposal. METRO FILE

Old Strathcona. Owners want to be involved with planning for pilot project



STEPHANIE DUBOIS
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Businesses in Old Strathcona say there's been little consultation with them when it comes to the proposed Car Free Whyte Avenue plan.

Daniel Huber, owner of the Pourhouse Bier Bistro, says businesses on or near Whyte Avenue found out about the plan to shut down parts of the popular entertainment district through the media first and haven't heard much since.

"They have such involved, long, drawn out, informed specific studies and forums when it comes to anything downtown ... and they just don't really do that with Whyte Avenue at all," he said.

Murray Davison with the Old Strathcona Business Association (OSBA) says it's not

that the pilot project isn't a good idea, "it just needs to be done right."

"As they were going through that consultation process, they were starting to gather some of that data and then all of a sudden, we're not a stakeholder it seems."

Firm details to shut down Whyte Avenue aren't fully established at this time, except that the plan is expected to roll out some time in 2015.

City officials say businesses have had ample time to hear about the project, with officials presenting at the OSBA annual meeting, linking to the project survey on the business website and providing hard copies of the survey at the AGM. Businesses were also welcomed at the public event that happened this past Saturday.

But business owners say there need to be more precise details before businesses can truly give their full support.

"It's too early. We don't know what we're talking about yet," said Davison.

Survey on city plan

- According to the city, 13 per cent of respondents identified that they work in the area, while one per cent identified that they were a licensed business owner/manager out of 2,040 responses.
- The plan would shut down Whyte Avenue in an east-to-

west direction.

- A taxi stand would most likely be set up outside of the manned barricade.
- The shutdown would happen late-night Fridays and Saturdays or on other busy nights.

Car Free plan should include late-night transit: Knack

If Car Free Whyte Avenue moves ahead, so should late-night transit, says one city councillor.

After doing a walk-along on Whyte Avenue with Edmonton police officers earlier this year, Coun. Andrew Knack said there's evidence and preference to have some way to get the partygoers home and off the popular entertainment avenue without solely relying on taxis.

"I think it would make it harder for it to be a successful pilot if we don't have late-night transit servicing that area. That's a big concern of mine ... and I think there's

Service gap

3.5

There's a 3.5-hour gap in service currently between when the last bus runs and when service resumes at 5 a.m.

a lot of value in putting that forward," he said.

Late-night transit and Car Free Whyte Avenue are at different stages of development, with city officials still consulting on the Whyte Avenue closure.

The current plan is to shut down Whyte Avenue

from 102 Street to 107 Street Friday or Saturday between midnight and 3 a.m. to gauge whether it helps with pedestrian traffic.

Vehicles — excluding emergency vehicles and public transit — wouldn't be allowed to pass through the barricaded area, but the project likely won't happen until 2015, say city officials.

City council members will debate late-night transit when it comes forward on Nov. 13, despite the late-night rides plan approved back in 2012, with a pilot hitting the road that same year.

STEPHANIE DUBOIS/METRO



Late-night transit takes precedence over some of the other budget items currently listed in the proposed budget, says Coun. Andrew Knack. METRO FILE

City prison escape. Police search for female inmate

Edmonton police are on the hunt for a missing inmate after a woman serving time at the city's female correctional facility escaped Sunday.

According to Correctional Service Canada spokesperson Jeff Campbell, Patricia May McKenzie, 40, was first reported missing Sunday when she wasn't accounted for during the 4 p.m. count.

"We've had the service members from CSC contact police and a warrant for her arrest has been issued," Campbell said.

McKenzie is described as five-foot-two, 122 pounds with green eyes and red hair.

She had been serving time for drug-related charges, with a sentence of two years, five months and three days.

Campbell said no one was injured in the escape and CSC is investigating how McKenzie slipped away from authorities.

"We're working with the



Edmonton police are searching the city for Patricia May McKenzie. CONTRIBUTED

police to get her back as quickly as we can," he added.

EPS spokesperson Chad Orydzuk said police are not considering McKenzie to be violent or a risk to the public.

Police are on the lookout for McKenzie, who faces a warrant for being unlawfully at large. LEAH HOLOIDAY/METRO

Europe. Travellers access new destinations thanks to KLM flight

Dutch airline KLM announced Monday it would be expanding its service to Edmonton, connecting the city to Europe three times a week.

Starting in May 2015, the flight will operate Tuesdays, Thursdays and Sundays to start and include Fridays starting later that year.

The flight will be direct from Edmonton to Amsterdam's Schiphol airport and include a return flight. Cur-

rently, Air France-KLM operates in five Canadian cities, including Toronto, Vancouver and Montreal.

KLM, one of the world's oldest airlines, has also partnered with Westjet to offer access to 30 extra routes in Canada.

Passengers will be transported via an Airbus A330-200, which offers 178 seats in economy, with an additional 65 seats in two other classes.

METRO

High Level Bridge safety barriers may not make budget



An artist's rendering shows what the proposed barrier could look like if it's installed on the bridge. CONTRIBUTED

Up for debate. Councillors can still opt to fund the bridge



STEPHANIE DUBOIS
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Safety barriers on the High Level Bridge may not get installed if the \$3 million needed to add the barriers isn't funded in the upcoming budget.

As it stands before coun-

cil, the budget prepared by administration has the bridge safety rails listed as a priority project but has no funded dollars associated with it in the 2015-2018 capital plan. Council can still debate whether the barriers should be funded.

"The city and committee seemed really committed that they wanted to do something on the bridge to improve its safety so that it would reduce the number of people that would potentially try to end their lives off

the bridge. If they renege on that and say, 'No, we can't afford it, we're not going to do it,' I think that it would be very unfortunate because there's certainly a lot of evidence to say that would make a big difference," said Nancy McCaig, executive director with the Support Network.

Studies of bridges around the world show that once barriers are put in place, the number of suicides dramatically decreases or none are reported.

Dan Klemke, who spoke to city council about his wife's

suicide earlier this year, says he's disappointed in the lack of funding but that the early budget isn't the end of the discussion.

"What I told them at both presentations is I'm standing up on this issue now and I will not sit down until it's dealt with," Klemke said.

Bridge

777

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Brush with Hollywood.

Film shoot for upcoming blockbuster *Interstellar* occurred near Longview



JEREMY NOLAÏS
Metro in Calgary

It's not the most glamorous job on a Hollywood set.

You're asked to stand in a certain position for extended periods of time and spout off lines that aren't even yours while crews adjust lighting, audio, camera positions and so on.

Then again, when it's Christopher Nolan giving out the orders and you're helping prepare a scene for the likes of Matthew McConaughey or Michael Caine, the job of stand-in actor is a tad more bearable. Check that — a lot more.

"It was pretty amazing" said Jason Cemak, a Drayton Valley-born actor who now splits his time between Calgary and Vancouver. He

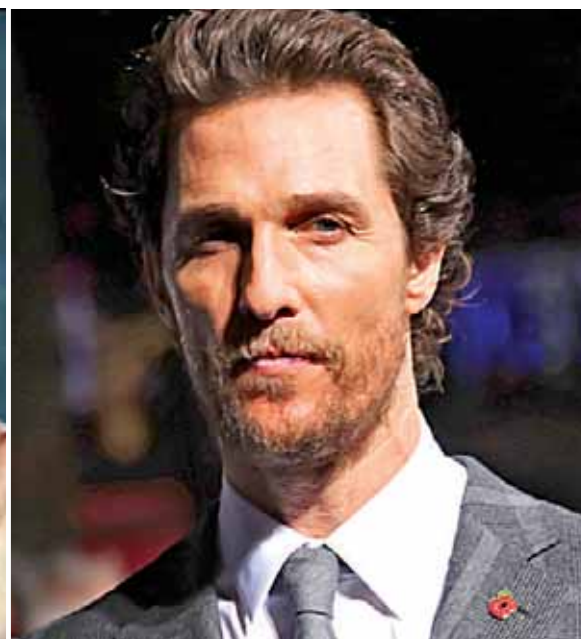
Buck-buster

\$165M

Interstellar cost \$165 million to film and produce and was shot in Los Angeles and Iceland, along with Calgary.



See the resemblance? Calgary actor Jason Cemak, left, worked for a month and a half as a stand-in actor for Matthew McConaughey during the Alberta-filmed portion of *Interstellar*, which hits theatres Friday. LEFT: COURTESY KORI DEPAUW; RIGHT: THE CANADIAN PRESS FILE



did stand-in duties for McConaughey last year during a month-and-a-half shoot near Longview for the blockbuster movie *Interstellar*, due to hit theatres Friday.

"If you think about, it doesn't really help my acting career," Cemak continued, "but I worked with John Lithgow, Jessica Chastain, Michael Caine, Topher Grace, Bill Irwin, McConaughey,

Chris Nolan and I'm getting paid to basically sit-in and get an education on how the best in the world do this. That's basically how I looked at it. It was long hours, kind of gruelling conditions, but I just loved it. I was soaking in every second of it."

On the *Interstellar* set, Cemak was joined for two days by fellow Alberta actor Luigi Riscaldino of Calgary,

who stood-in for star Michael Caine, a mainstay in Nolan films.

"We're quite different in age, but we were similar in height and size," said Riscaldino.

He previously served as a stand-in on the set of *The Assassination of Jesse James by the Coward Robert Ford*, a movie starring Casey Affleck and Brad Pitt, and played the

character Haden in the Alberta-produced television series *Hell on Wheels*. Still, he said Nolan is unlike any director he's worked with before.

"He was brilliant to watch and quite, quite particular about everything.... It actually came down to where he would select who he wanted as stand-ins. That's not something directors typically both- er with," he said.

Wildrose

Smith cancels her leadership review

Wildrose Leader Danielle Smith has pulled the plug on a review of her leadership — just one week after she requested that party members be given the chance to have their say on her performance.

Smith had asked her executive for a review at the party's annual meeting in Red Deer later this month after the Opposition party failed to win a seat in four provincial byelections on Oct. 27.

Smith says she changed her mind after conferring with party executive and following a unanimous show of support from caucus members, who asked that the request be withdrawn.

"The leader has to be the first to take accountability and responsibility. That's what I did last week, and I got an overwhelming reaction from our members of caucus, our executive committee and others that it wasn't me," she said at a news conference Monday.

"There's no question that they have issues with some of the personnel decisions, some of the campaign decisions and some of the strategy decisions, but those can be fixed. I am gratified to have gotten that level of support."

Her office received calls and emails of support from 700 of the Wildrose's 22,000 members, Smith said. **THE CANADIAN PRESS**

City consulting public on public consultation

How the city consults the public for projects will be up for discussion starting Wednesday as the city kicks off a series of workshops.

The first workshop starts at Ritchie Community League on Wednesday, followed by eight others.

The workshops are part of city council's plan on public engagement, which "is asking Edmontonians and organizations about their experiences and ideas to improve how the city consults with them," according to a media release.

"If you have something to say about public consultation, the City of Edmonton wants to hear from you," it reads.



How city projects are discussed is the focus of upcoming workshops. METRO FILE

Council plans to roll out a designed public-consultation plan over three years by talking to Edmontonians as well as looking at best practices

around the world.

The upcoming workshops are three hours long. Registration is required because space is limited. **METRO**

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Valerie Bott, 60, stands next to a PET scan. Bott is just one of the 2,000 patients that have undergone a cardiac PET scan thanks to a new method being researched at the University of Alberta Hospital. LEAH HOLOIDAY/METRO

Sneaking a peek into the heart

PET scan. New scan method tracks blood flowing through patients' hearts

In numbers

2,000

In the past three years, 2,000 patients have undergone a cardiac PET scan as part of the research.



LEAH HOLOIDAY
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Edmonton doctors are getting up close and personal with the human heart thanks to a new scanning method that enables experts to snap an image of blood flowing through the heart.

Research for the new form of heart imaging kicked off in 2011 and uses a commonly used machine — PET scan —

to track blood flow through the heart, cut back on hospital stays and reduce radiation exposure for patients.

Dr. Lucille Lalonde has used the scan for her patients and called it a big step forward in the world of cardiac health.

"There are other tests on the market, but the advantage of this one is it has very low radiation and it's more

accurate than some of the other tests," said Lalonde.

The test starts by doctors injecting a "tracer" into the patient's circulatory system, which allows the scan to snap a photo of the patient's blood flow in real time.

"You're looking at the actual metabolism of the heart muscle rather than the anatomy of the heart," Lalonde said.

Valerie Bott, a patient of Lalonde, said she underwent the scan after complaining of chest pain and dizziness to her doctor.

"We did the scan and that same day she read the results and gave me a prescription," she said. "It's great, it's done. It's not surgery."

Premiers Prentice, Clark vow to warm up relations

Alberta Premier Jim Prentice and British Columbia's Christy Clark have promised warmer relations after Clark's "frosty" dealings with former premier Alison Redford.

Prentice's visit to B.C. on Monday was his first trip outside Alberta after being sworn in as premier Sept. 15.

When asked by reporters if they had moved on from the rancour that was visible

with Redford, Clark did not respond directly but instead praised Prentice.

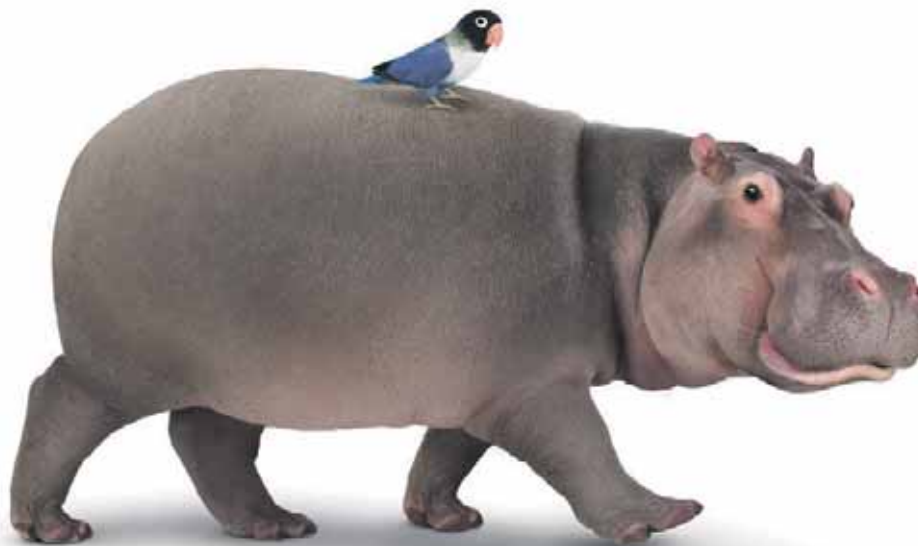
Clark noted that Prentice, while serving in the cabinet of Prime Minister Stephen Harper, was the minister for the environment and for aboriginal issues.

"We have so much that we have in common that we want to work together on and, in order to make that work, we need to understand also how we're different," she said. **THE CANADIAN PRESS**

"There hasn't been a premier in Alberta's history who has understood British Columbia's uniqueness as well as Premier Prentice does."

B.C. Premier Christy Clark

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Ghomeshi used CBC-owned phone to send graphic texts to women, source reveals

Ongoing scandal.

Broadcaster claims its ownership of phone refutes ex-radio star's claim he was let go due to his 'private life'

Jian Ghomeshi used a CBC-owned phone to send lewd text messages to women, a source has told Torstar News Service.

The public broadcaster believes its ownership of the smartphone refutes Ghomeshi's claim that he was fired because of how he conducted himself in his "private life."

"The contents of that phone belong to the CBC — it's the CBC's property," said a source familiar with the situation.

The source says Ghomeshi lied to CBC management when he was asked



Workers scrape a wall that had a publicity photo of Jian Ghomeshi in the broadcasting corporation's Toronto offices on Oct. 27. A source reveals Ghomeshi used a CBC-owned phone to send lewd text messages to women. CHRIS YOUNG/THE CANADIAN PRESS

"eyeball to eyeball" about allegations of violent sexual behaviour being investigated by Torstar.

Ghomeshi showed texts

and other material to CBC officials to bolster his claim, but the source said they were so shocked by what they read and saw

that it had the opposite effect.

"(CBC) didn't know the scope of what they were dealing with," the source

said, adding it is unclear whether CBC information technology staff have begun poring over Ghomeshi's work email account for other evidence.

It is also unclear whether police, who announced Friday they are investigating Ghomeshi, are in possession of the phone. Toronto police spokesman Mark Pugash said police do not discuss details about an investigation.

Asked if CBC turned over the phone to police, spokesman Chuck Thompson told Torstar in an emailed statement that, "We are co-operating fully with Toronto Police Services."

Pugash said he had nothing to add to what was said at a police news conference Saturday, where it was revealed that three women have come forward with allegations against Ghomeshi.

Ghomeshi was fired on

Fallout

Polaris drops Ghomeshi from jury

The Polaris Music Prize has removed former host Jian Ghomeshi from its jury.

Ghomeshi had been among the 200-plus journalists, broadcasters and bloggers who annually vote on the \$30,000 award, given to the best Canadian album of the previous year.

THE CANADIAN PRESS

Oct. 26, after his CBC bosses saw "graphic evidence that Jian had caused physical injury to a woman," CBC has said in an internal memo.

TORSTAR NEWS SERVICE



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NORTHLANDS

Outbreak

Feds to invest over \$30 million to fight Ebola

The federal government is committing an extra \$30.5 million to programs devised to shore up Canada's readiness to deal with Ebola in this country.

Health Minister Rona Ambrose says the new funding also contains an \$3 million to help the World Health Organization fight Ebola in West Africa.

THE CANADIAN PRESS

Ottawa attack. Sentry who stood guard with Cirillo to resume duties

The young corporal who was standing sentry alongside Cpl. Nathan Cirillo the day he was killed is set to return to duty — though he admits it won't be easy.

"I still believe Canada is a nation of peace where soldiers within its borders need not take up arms," Cpl. Brandon Stevenson said in a statement Monday. "My fellow soldiers and I remain proud and com-

mitted to watching over the Tomb of the Unknown Soldier as a strong, silent reminder of every person who made the ultimate sacrifice."

Stevenson was at the National War Memorial on the morning of Oct. 22 when Michael Zehaf Bibeau killed Cirillo and then stormed onto Parliament Hill, where he died in a gunfight in the Centre Block.

THE CANADIAN PRESS



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Moms with HIV did not give consent to be sterilized: Court

Namibia. Top court upholds 2012 ruling that health workers coerced HIV-positive mothers in labour to sign sterilization forms

Namibia's Supreme Court upheld a ruling that health workers sterilized HIV-positive women without their consent, a human rights group said Monday.

The 2012 judgment that was upheld had found health workers had coerced three HIV-positive mothers to sign sterilization consent forms they did not fully understand, and while they were in labour, the Southern Africa Litigation Centre said.

The centre said the ruling sends a message to the gov-

ernment to stop the practice in the southwestern African nation, and elsewhere.

"This decision has far-reaching consequences not only for HIV-positive women in Namibia but for the dozens of HIV-positive women throughout Africa who have been forcibly sterilized," Priti Patel, the centre's deputy director said in a statement.

Sterilization is a drastic tactic to treat HIV-positive women, as mother-to-child transmission of HIV and AIDS can be prevented with medication.

Namibia's high court will assess how much money the three women should be awarded, according to the centre. The women had all sought care at government hospitals in Namibia while in labour. One woman signed a form that used only

Forced sterilization

Since the case was filed in 2009, dozens of women have told stories of similar experiences at public hospitals.

- **Namibian Women's Health Network.** The organization first began documenting allegations of forced sterilization in 2007.
- **250,000 Namibians infected.** Ten per cent of the Namibian population lives with HIV.

acronyms to describe the procedure, while another signed the document after being told she didn't have a choice, the centre said.

THE ASSOCIATED PRESS



Russia removes Jobs memorial

A girl touches the screen showing a portrait of Steve Jobs on the recently erected memorial to late Apple Corp. co-founder in St. Petersburg. The six-foot-tall interactive memorial at Techno Park at the St. Petersburg National Research University of Information Technologies, Mechanics and Optics has been taken down in response to last week's announcement that the CEO of Apple, Tim Cook, is gay.

DMITRY LOVETSKY/THE ASSOCIATED PRESS

Costa Concordia

Human remains believed to belong to missing waiter

The company dismantling the Costa Concordia cruise ship says workers have discovered human remains believed to be those of the last missing crew member.

What's believed to be the remains of the missing Indian waiter were found on the eighth deck inside a cabin.

THE ASSOCIATED PRESS

Found gun in a dresser

Boy, 4, shoots sister, 3, in head

Police say a three-year-old Ohio girl is in critical condition after being shot in the head by her four-year-old brother, who found a gun in a dresser.

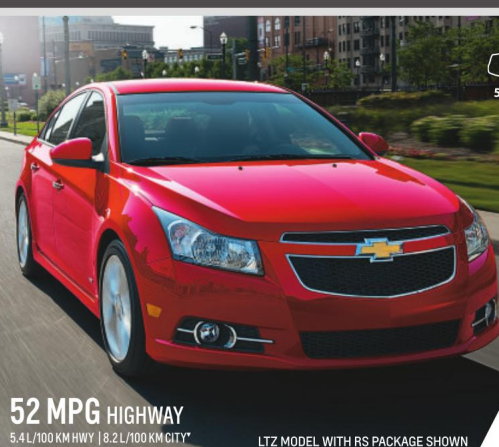
A police report says the children were playing when the boy found the loaded .40-calibre handgun.

THE ASSOCIATED PRESS

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Hotels. Check-ins via phone could be beginning of the end of the concierge

Hotels don't want guests to have to linger at the front desk — or even stop by at all.

New programs are helping speed up the check-in process for busy travellers, or in at least one case, letting them go straight to their rooms by using their smartphone to unlock doors.

The innovations are still being tweaked as hotels scramble to catch up to airlines. Flyers today use their phones to check in, select seats and serve as a boarding pass. Hotels envision a similar relationship, with guests ultimately ordering poolside drinks via an app.

Starwood Hotels and Resorts on Monday became the first chain to let guests unlock doors with their phones. The feature is available at only 10 locations of

Hilton

2015

Hilton Worldwide plans to roll out mobile room keys at the end of 2015 at some U.S. properties

Aloft, Element and W hotels but will expand to 140 more properties in those brands by the middle of next year.

Hilton Worldwide is the only other hotel chain to publicly acknowledge plans for mobile room keys, which Hilton plans to roll out at the end of 2015 at some U.S. properties. Hilton won't say how many hotels will be included, except that the service will be available at four of its brands — Hilton, Waldorf Astoria, Conrad and Canopy.

THE ASSOCIATED PRESS



The Marriott Marquis Times Square hotel in New York is among the hotels now offering a mobile check-in option. KATHY WILLENS/THE ASSOCIATED PRESS FILE

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Instagram in Canada

Fast, beautiful way to share ads?

Facebook's popular Instagram photo-sharing app will start running ads in Canada soon.

Some users may have already seen a message from Instagram with a heads-up that advertisements will soon be displayed in their streams.

It was about a year ago that Instagram started sprinkling ads into user streams in the U.S., and a similar move was made in the U.K. in September. Instagram also recently launched video ads in the U.S. THE CANADIAN PRESS

Shomi the catch ...

Streaming service only for Rogers, Shaw customers

The new streaming service Shomi is being launched by Rogers and Shaw today.

Seen as a competitor to Netflix, Shomi will debut with nearly 12,000 hours of content to stream — mostly TV shows — for \$8.99 a month.

Only Rogers and Shaw customers can sign up for the service at first, although the companies hope to make it more widely available over time.

THE CANADIAN PRESS

Market Minute

DOLLAR
88.05¢ (-0.67¢)

TSX
14,537.62 (-75.70)

OIL
\$78.78 US (-\$1.76)

GOLD
\$1,169.80 US (-\$1.80)

Natural gas: \$4.04 (+\$0.03)
Dow Jones: 17,366.24 (-24.28)



One World Trade Center dominates the lower Manhattan skyline, Monday, in this view from Jersey City, N.J. THE ASSOCIATED PRESS

New World Trade Center rises from the ashes in N.Y.C.

Post-9/11. Skyscraper now open for business in Lower Manhattan, following the terrorist attack 13 years ago

Iconic skyline

"The New York City skyline is whole again, as 1 World Trade Center takes its place in Lower Manhattan."

Patrick Foye, executive director of the Port Authority of New York and New Jersey, which owns both the building and the World Trade Center site

and New Jersey, which owns both the building and the World Trade Center site.

Steps away from the new 541-metre tower are two memorial fountains built on the footprints of the decimated towers, a reminder of the more than 2,700 people who died.

Condé Nast, publisher of Vogue, The New Yorker and Vanity Fair, is expected to move in about 3,000 more employees by early next year, eventually occupying 25 floors of the \$3.9 billion US, 104-story

ey tower.

Privately, some Condé Nast employees acknowledged that they were nervous about working in a skyscraper that could again be a terrorist target.

Foye countered that it's "the most secure office building in America." And its chief architect, T.J. Gottesdiener, said the high-rise was built with steel-reinforced concrete that makes it as terror attack-proof as possible — much stronger than the original towers that collapsed when the hijacked planes hit.

The stairwells are built with a hardened concrete core, and wider to allow firefighters to move while people exit. The building's mechanical systems are also encased in hardened concrete.

"If my son told me he had a job in the trade centre Tower 1, I would have no qualms about him being there," Gottesdiener said. THE ASSOCIATED PRESS



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DON'T BE MIFFED THAT I BROUGHT A GIFT

I hate to brag, but I think I've mastered the art of attending other people's weddings.

I arrive on time to bridal showers and make small talk with great aunts. I know to buy the expensive cards with 3D paper designs (none of that dollar-store crap). I post an appropriate amount of Instagram snapshots and always remember to include the official wedding hashtag.

Yes, I'm kind of a pro when it comes to watching couples tie the knot. But there are three little words that still throw me off no matter how many nuptials I attend: "monetary gifts appreciated."

As the 2014 wedding season draws to a close, I've noticed that these cash requests are becoming an increasingly popular trend for modern brides and grooms.

And it makes sense, of course. With so many couples marrying later on in life and living together before they walk down the



SHE SAYS

Jessica Napier
metronews.ca

aisle, traditional household items are usually already taken care of, which makes cold hard cash the more practical and desirable gift.

And yet there's just something about giving cash at a wedding that makes me uncomfortable. It's like saying: "Congratulations, you guys. I love you this exact dollar amount and not a penny more."

Couples often choose to dress up their money grab as a collection fund for a meaningful goal, such as a honeymoon or a down payment.

Some even send out an "ask for cash" poem along with their invites. The cutesy verses are designed to nudge guests into pulling out their cheque books rather than buying a toaster oven: "Thanks for coming to our bash; instead of gifts, please bring us cash!"

But even if you make it rhyme; cash demands seem out of line. A big fat cheque might make you happy; I just think it's awfully

tacky. And if I decide to bring a gift, it really shouldn't make you miffed.

I get it. Weddings aren't cheap, and financially savvy couples are smart to try and get a return on investment from their friends and family.

However, there's something a bit crass about slapping "no boxed gifts" and other not-so-subtle suggestions on your wedding invite.

Perhaps I'm in the minority here. Writing a cheque is certainly easier and less time-consuming than spending the afternoon at Pottery Barn combing through a gift registry.

But I just hate feeling like I'm paying an admission price to watch a couple say, "I do."

I'm happy to cough up hundreds of dollars in wedding-related costs for close friends and family.

But when I do, I want to buy something meaningful to commemorate the couple's special milestone. I don't want to stuff a wad of bills into an envelope to help them pay off the DJ at the end of the night.

The donkey barber



Mohamed Mustafa, right, clips the mane of a donkey as his father, Mahmoud, left, holds an ear at their makeshift barbershop in Cairo, Egypt. Mahmoud is one of Cairo's donkey barbers, a unique trade in the region, an expert in trimming and styling horses, camels, mules, sheep, goats, dogs and donkeys.

MAYA ALLERUZZO/THE ASSOCIATED PRESS

Bringing beauty to beasts of burden

In the shadow of Cairo's medieval aqueduct, Mohamed Mustafa teaches his five-year-old son the family's trade, one shear at a time.

Mohamed is one of Cairo's donkey barbers, an expert in trimming and styling horses, camels, mules, sheep, goats,

dogs and donkeys. He is a third-generation qassasseen, the Egyptian Arabic term for animal barber, and his grandfather worked in Cairo's Abdeen Palace.

Mohamed's father, Mahmoud, taught him the trade and now, near Old Cairo along the road following the aqueduct, he teaches the craft to his son Mustafa.

It is a profession often looked

down upon in Egyptian society, as he works with the beasts of burden that still roam modern Cairo's streets, pulling carts filled with vegetables or loads of trash from neighbourhoods.

But workers rely on the animals and take pride in them, getting them haircuts or having their fur shaved with designs or their initials ahead of major holidays.

THE ASSOCIATED PRESS

Dangerous work

Mohamed traces a scar across his right jaw with a finger missing its first joint.

- "One horse bit my finger off, another horse hit me here," Mohamed says, pointing to a scar on his jaw.

MetroTube



Taking the Internet by storm



ANDREW FIFIELD
andrew.fifield@metronews.ca

There's a lot to be said for natural talent, and this kid has got it. Asked to guest-host the Halloween night weather forecast on WGN Chicago's Friday Forecasters segment, your boy here showed up dressed like Lionel Messi and ready for prime time. (WGN News/YouTube)



SCREENGRAB

Twitter

We asked readers to write a caption for this penguin robot photo:



THE ASSOCIATED PRESS

@Vanstonel: Okay, this new guy has wheels... but can he dance? #HappyFeet

@thejimpster: And whatever caption wins... PLEASE get Morgan Freeman to read it. #MarchOfTheRobotPenguins

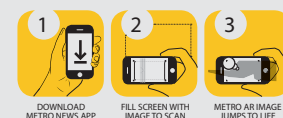
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DVD review



A Most Wanted Man

Director. Anton Corbijn

Stars. Philip Seymour Hoffman

Philip Seymour Hoffman tragically died of a drug overdose in February, days after the premiere of Anton Corbijn's *A Most Wanted Man*, a spy thriller based on a John le Carré novel.

Hoffman leaves us with a quality film that showcases his tremendous depth and range as an actor. He's convincing in both voice and bearing as Günther Bachmann, chief of a German anti-terrorist squad in Hamburg, the port city where the Sept. 11 attacks were hatched. He's determined to prevent another such disaster.

More an espionage procedural than standard-issue spy thriller, *A Most Wanted Man* excels at bringing us into the back rooms where dirty deeds are both tracked and executed.

The film doesn't always make the best use of its impressive cast. It's great that there are three strong female roles, played by Nina Hoss, Robin Wright and Rachel McAdams, but they're all second fiddle to men, who include Willem Dafoe. It would be impossible, though, for any actor to exceed the impact that Hoffman could make simply by walking into a room.

PETER HOWELL

New country artist nominee takes the road less travelled

Music. Dark horse singer-songwriter Brandy Clark finds her own path to CMAs

The year's most buzzed-about new country artist is one most country fans may never have heard on the radio.

Brandy Clark, an openly gay artist who sings, amongst other things, about pot-smoking housewives, had almost given up on becoming performer herself, despite writing hits for headliners like The Band Perry and Miranda Lambert. But her debut album, *12 Stories*, which peaked at No. 23 on Billboard's Top Country chart, took her on a slow-burning path to this year's nomination for new artist of the year at the Country Music Association Awards on Wednesday.

"I had been passed on a lot," said Clark, 37, during a recent interview at her management office on Music Row in Nashville. "I think it's because I didn't really fit what is a mainstream country artist. I was over 30 and over a size 2. I was kinda more your average woman than your average supermodel, which is why my music resonates, though."

To call her a dark horse in the awards show is somewhat of an understatement. She's the only female artist in the new artist category and her album didn't get one single on the country charts. While the rest of country music is awash in good-time party feelings, she's singing dark, edgy tales about infidelity, di-



Singer Brandy Clark SHORE FIRE MEDIA

Quoted

"I didn't really fit what is a mainstream country artist ... which is why my music resonates though."

Brandy Clark

vorce, murderous lovers and painkiller addiction.

Clark also shares a songwriting nomination with Kacey Musgraves and producer/songwriter Shane McAnally for song of the year for *Follow Your Arrow*, a song that was censored during last year's television airing of the CMA Awards for a mention of "roll up a joint."

"Like I said early on to my

manager, my music is Showtime and HBO," Clark said. "And I'm going to always keep it Showtime and HBO."

But she's also got a lot going in her favour. *12 Stories*, which came out in 2013 on the independent label Slate Creek Records, was named one of the year's best albums by several national music critics and Warner Bros. plans to re-release it. Her most vocal supporters are heavy hitters like Musgraves and Eric Church, for whom she's currently opening on tour.

"I think with or without a nomination, what Brandy does is so strong on its own that it can't help but reach people," Musgraves said in an email interview. "It's just too good. But it makes me really

happy to see people like her getting the recognition and nominations that are so wildly deserved for our genre."

And while Clark is not the first gay artist to be nominated — most notably singer Chely Wright had multiple CMA nominations before coming out in 2010 — Clark said if people want to believe she's breaking down boundaries in country music, she's glad to take on that role.

"I feel so fortunate to be in a time where I am embraced completely as who I am and I don't have to hide who I am in any way," Clark said. "I hope that we've broken some boundaries and things are changing. I feel very included in the country music community." **THE ASSOCIATED PRESS**

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Heigl goes from rude to reasonable



NED EHRBAR
Metro in Hollywood

Katherine Heigl has a new TV series debuting in a couple of weeks, which means she's doing lots of publicity — which in turn means she has to deal with a lot of media and fan inquiries about her "difficult" reputation. Like in a recent Facebook Q&A session when a fan asked Heigl about "rumors that you're very rude."

Boy, this should be good. "Yeah I've heard those too," Heigl responded. "Honestly, I don't think I am. Nothing makes me more uncomfortable than confrontation or hurting someone's feelings, and I would never, ever actively do so on purpose."

"Of course, just like any human being, I've made mistakes and unwittingly or carelessly spoken or acted,



but I always try to make any wrong right.

"That doesn't mean I won't stand up for myself by drawing boundaries and asking to be treated kindly and respectfully, but I don't do that with any rude or unkind intentions, just with the same strength and honesty I think every one of us is entitled to."

Dang it, if she's going to keep being so reasonable, this isn't going to be any fun. Now what do I do? Mock her for ending a sentence with a preposition? Sheesh.



Selena Gomez ALL PHOTOS GETTY IMAGES

Orlando, Selena and Justin: Who's dating who again?

It's been a bit since Selena Gomez's well-intentioned friends have expressed their concern about her attachment to on-again, off-again boyfriend Justin Bieber, so let's refill that tank, alright?

Gomez is supposedly dating noted Bieber sparring partner Orlando Bloom now, but her friends are worried her heart isn't really in it.

"She is absolutely not

into Orlando, because she is still obsessed with Justin and always will be," a source tells Radar Online. "Everyone is really sick of hearing the same old story. Nothing changes with them. She gets back with him, he lies, he gets caught, she gets upset and then tries to make him jealous. She needs to just let go." Or maybe these friends need to take their own advice.

Guess which hip-hop star thinks he's the Lord Grantham of L.A.?

Kanye West wants to name his new, \$20-million US Los Angeles home after the fictional home on Downton Abbey. Because of course he does. West, a noted master of subtlety and understatement, "wants the home to resemble Downton in its grandeur and regality, and there will be a sign naming it Highclere

Castle," a source tells the Sun. "Kanye loves calling (wife Kim Kardashian) 'lady.' He basically thinks he's an even cooler version of Lord Grantham."

It could be worse, I suppose. Just imagine if he'd been watching a lot of He-Man instead and wanted to call it Castle Grayskull.

How to get uninvited from a Hollywood baby shower

Social media can be a tricky thing when it comes to pregnancy. The last thing you want is a friend beating you to the punch in letting the world know, but that may be what happened to Jessica Biel.

Weeks of speculation that she and Justin Timberlake are expecting were seemingly confirmed when Biel's pal, InStyle editor-in-chief

Ariel Foxman, posted an Instagram photo of her and Biel together with the caption, "Congrats @jessicabiel on your impending motherhood. Looking forward to the red carpet maternity style pix to come."

The post was soon removed, but not before a lot of people noticed. Looks like someone's been disinvented to the baby shower.



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LIFE 3



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Super body secrets

Cosmetic procedures.

The number of men going under the knife has increased

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Between the uber-sculpted uniform of Batman to the bona fide god Thor having his own franchise, pressure is ramping up on Hollywood's leading men to look capable of the feats their characters perform.

But while action stars talk up their gruelling training and special diets, there may well be another kind of body-shaping professional whose work will go unacknowledged, says Dr. Brent Moelleken.

The Beverly Hills plastic surgeon took part in Superhero Bodies, a new documentary by RealSelf, the online community for elective surgery, about how the demands of modern super-

hero roles are pushing actors to their physical limits — and the effect that's having on men.

The number of cosmetic procedures being performed on American men has risen 273 per cent in the last 16 years, according to the American Association of Aesthetic Plastic Surgery, with liposuction and ab-sculpting being the most common in 2013.

"The trend toward being ultra-fit is more so there than ever," he says. "It used to be a man could get by with a pot belly and graying sideburns and look distinguished. But now that's not enough — in order to make it in Hollywood, you have to be cut. That really mirrors what's going on in society."

We asked Moelleken about where fantasy begins.

How real is what's onscreen?

Celebrities are a fantasy. These celebs have a whole entourage around them that depend on maintaining that image.

You have to be realistic in

surgical expectations, right?

We can improve on what you have, but we can't make you into Hugh Jackman if you're not already close to Hugh Jackman to begin with.

For some stars, can steroids and human growth hormone also enter the picture?

They're willing to do anything to succeed, and that's an important lesson for people who are aspiring to have bodies like the superheroes. There may be a price to pay for that, in degeneration of your health, kidney problems, hip problems. Long-term steroid use is very hard on you.

What is driving ordinary men to get plastic surgery?

Almost every job has a sales component to it. You walk into a room and people are assessing you — and usually the people at the table assessing you are in their 30s now. If you walk into the room looking old and irrelevant, you're not gonna get that job.

Super costs

According to an estimate from RealSelf, the online community for cosmetic surgery, the average man would need 11 procedures adding up to \$76,950 US to get the modern superhero look, from the strong chin to bulging quads.



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When employees upgrade their skills, they are putting themselves in line for a better job or a new career, higher pay and opportunities for growth.

"More growth within communities means more families can remain together because they aren't forced to go elsewhere for work," says Rachel Kuipers, the acting manager of alternate delivery at Nova Scotia Community College's Halifax head office.

For many people, continuing education courses are ideal because they are offered part time.

"This also allows people who aren't sure if they're ready to commit to a full-time program to test the waters by taking one or two courses," says Kuipers, who oversees NSCC's continuing education programs.

Pam Swales began her career at NSCC's facilities department. Although she enjoyed the work, it was physically demanding and she knew it wouldn't be a lifelong career. Although she was nervous because she lacked a high school diploma and she was in the 45 to 55 age range, she enrolled part time in NSCC's office administration program, taking classes in the evening, on the weekend and online.

After earning her GED and her NSCC certificate this summer, Swales started working at the college's campus bookstore.



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"Completing this post-secondary certification program was one of the key components of my being hired at the bookstore," she says.

People who enrol in continuing education courses can be any age, from underemployed millennials to mid-career employees looking to stay current in the job market to curious seniors.

"Our youngest student is 20 and our oldest is 64 and taking a home inspection certificate course," says Debbie Gordon, the director of the professional development division

of Dalhousie University's College of Continuing Education.

Continuing education courses can be a catalyst in succession planning in any profession.

"The No. 1 asset in any company or organization is human capital," Gordon says.

"For employers, when their employees take continuing education courses, it fuels opportunities for them to look within their own organization when it's time to promote."

These type of courses are often linked to regulatory requirements in certain professions

such as engineering, quality assurance, home inspection and occupational health and safety.

"Most continuing education at Dalhousie is job driven and designed to keep people current in their field and help them stand out in the labour market," Gordon says.

Other students sign up for a series of continuing education courses over time for one simple reason.

"Some folks have a thirst for knowledge and they just can't get enough," Gordon says.

— Jane Doucet



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Online learning accommodates busy schedules

For many, online learning is one of the more convenient ways to participate in post-secondary studies.

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continue to add new learning opportunities.

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In 2013, more than 22,000 learners sought out flexible online learning through eCampusAlberta. For more information, visit ecampusalberta.ca.

Specialty programs help meet growing demands

At Academy of Learning Career College, your future is in your hands.

"Academy of Learning Career College is not only for diploma programs, there are numerous options for continuing education courses in business, management, finance and technology," says Charles Jarvis, general manager, Academy of Learning Career College.

"Most programs have options for evening classes as well as part-time schedules."

The flexibility in scheduling and many options for either occupational training through diploma programs or skills upgrading courses allows individuals to get the training they need for their futures when they need it.

Specialty programs, such as the marketing co-ordinator and legal administrative assistant programs, help meet the growing market demands and career opportunities in Alberta.

The marketing co-ordinator diploma program prepares students for entry-level positions by providing training in a broad range of marketing knowledge and processes, administration skills and practical tools.

The legal administrative assistant diploma program give students the knowledge and skills needed to assist Alberta lawyers in a variety of practices.



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Academy of Learning is Canada's largest network of career colleges where students can earn their diploma in less than a year.

With continuous intakes and no wait lists at Academy of Learning, there is no need to wait until January to get started. For more information, visit academyoflearning.ab.ca.

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Tips for women in corporate leadership

Guide your decisions throughout your career journey

There has been an increase in the number of female leadership opportunities across a variety of industries over the past few years, yet women still face many challenges when it comes to advancing their careers.

According to a recent survey commissioned by American Express Canada, 71 per cent of Canadians agree that 'glass ceilings' still exist for women in most workplaces today and 74 per cent agree that it takes women longer than men to advance up the corporate ladder.

So what's standing in their way? As ranked by Canadians, the top three barriers to women advancing in business are workplace attitudes towards female leaders (37 per cent), family obligations (31 per cent) and lack of upward growth opportunities (eight per cent).

Here are some tips to help you succeed in any leadership position and overcome workplace barriers:

PLAN AHEAD AND SET GOALS: Short- and long-term career goals are crucial for success. Know what you want to achieve and create a plan to make this happen. Speak with peers in your industry whose career path you have admired and ask for advice.

This allows you to take control over your own future and will help to guide your decisions throughout your career journey.

SEEK THE RIGHT EMPLOYER: An organization with positive attitudes towards female leadership will likely offer more upward growth opportunities, provide more female role models, and be more invested in your success as a leader. Julie Hay, vice-president and general manager of World Service at American Express Canada, can attest to the positive impact her employer has had on her career.

"I'm fortunate to work in a company where supporting female leadership is truly ingrained in its corporate culture," she says. "I work with a number of female leaders who act both as role models and as a network of support."

LOOK FOR DEVELOPMENT OPPORTUNITIES: Many companies offer specific programs to foster female leadership within their organizations, from education programs, employee networks, mentorship, and flexible work options.

For instance, to encourage a balance between work and family obligations many employers offer programs such as employee networks that act as a forum for employees to share stories, tactics and parenting philosophies. Additionally, mentors are a valuable resource for career guidance and often act as role models in achieving work-life balance.

— News Canada

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Juggle work and school at U of C

When it comes to a career in social work, the work is never done, and neither is the learning.

The master of social work (MSW) available through the University of Calgary, faculty of social work, central and northern Alberta region offers students the chance to continue their studies in this challenging field, while not having to step away from the work they are currently doing.

"The weekend course delivery makes it convenient for those trying to juggle work and school and for those who are travelling from outside of Edmonton," says Grace Elliott, instructor, University of Calgary faculty of social work.

Classes are typically offered on Friday evenings and Saturdays, four times per term, and during the fall and winter session block weeks in order to accommodate students who are employed full time or part time.

This program is designed for students who intend to provide direct service in the field and who plan to pursue doctoral studies.

The MSW is available to two different



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streams: The first for students with a BSW, who complete the clinical specialization component in two years; or the second, for students with an undergraduate degree in another discipline, with related human service employment, who complete the foundation component followed by the clinical specialization component in four years.

This program admits students every other year on odd numbered years.

The application deadline for the 2015 start date is Jan. 31, 2015. For more information about the MSW, visit fsw.ucalgary.ca/fswcentralandnorth.

CONSIDER A CAREER WITH A DESIGNATION

If you are considering a career in financial services or insurance, designations demonstrate to the public, employers and professionals alike that you are dedicated to ongoing learning and professional development.

Here are a few good reasons to consider a career in an industry with designations:

DEMONSTRATED TIME

MANAGEMENT: Most designations such as the chartered insurance professional (CIP) are completed while you are employed in the industry, demonstrating commitment and an ability to manage multiple demands in the workplace.

EDUCATION COUNTS: In an industry like insurance that mandates ongoing professional development and education, you never know where that will take you — even advancing to a management position.

REAL-WORLD KNOWLEDGE: Programs like the CIP use instructors from within the industry. Instructors with practical field experience use examples that can be applied to work situations, helping to make the learning experience more meaningful.



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INTERNATIONAL RECOGNITION:

Some designations like the CIP are internationally recognized. This type of accreditation will help provide networking opportunities in job markets that may be unfamiliar.

OPPORTUNITY: Looking to boost your career? All of the hard work that goes into getting a designation is rewarded by expanded career opportunities.

—News Canada

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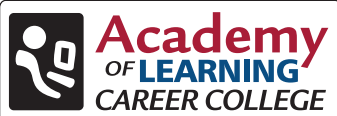
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Opportunity abounds at Digital School

As Alberta continues to reap the economical benefits of the construction and energy industries, Digital School Technical Design College graduates are finding lucrative careers in the abundance of drafting and design professions that continue to be in demand.

"Digital School teaches the necessary theory, computer skills, software applications for drafting and design with specialties available for architecture and engineering," says Charles

Jarvis, general manager of Digital School.

"Nothing can be manufactured or built until a computer-aided drafter (CAD) has rendered all the design elements to bring the vision of architectures or engineers to a reality."

In as little as six months, students with little to no prior drafting knowledge develop the skill sets to do professional drafting and design in the most up-to-date software for 2D and 3D AutoCAD. All courses are taught by industry

experts to provide students with the most relevant information available in the current market. Digital School is enrolling now for the next class intake (January) and has the CAD program offered in class or online.

This program is available completely online as well to help students access this training from almost anywhere they can get an Internet connection. For more information about Digital School, visit digitalschool.ca.



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For more information, visit ecampusalberta.ca.



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Fee: \$300

Photoshop for Photographers [PHOT104]

Nov 15-16/14 Sat & Sun, 8:15 AM - 4:15 PM
Fee: \$395

Solar Hot Water Installation [PLMR170]

Nov 15-23/14 Sat & Sun, 9:00 AM - 4:00 PM
Fee: \$500

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Nov 15/14 Sat, 9:00 AM - 4:00 PM
Fee: \$300

Autobody MIG Welding [ABTA552]

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Fee: \$295

Finish Your Basement - Plumbing [HOME130]

Dec 6-7/14 Sat & Sun, 8:30 AM - 3:30 PM
Fee: \$310

Finish Your Basement - Electrical [HOME120]

Dec 13-14/14 Sat & Sun, 8:15 AM - 4:15 PM
Fee: \$395

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Health Solutions

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nourishing
meal with
these tips

NUTRI-BITES
Theresa Albert
DHN, RNC
myfriendinfood.com

The French dish called bouillabaisse serves up a brothy stew chock full of fish. I had the pleasure of enjoying the Italian-American version called Cioppino at Geraldine Bistro in Toronto. This version, set in a tomato-white wine broth was topped with a homemade mayo that rounded out the flavours.

Eaten with a spoon so that each piece of soft, tender fish can be slurped and each mussel enjoyed, the remaining broth is meant to be dipped into using hearty, chewy bread.

Can you think of any more nourishing, comforting fall meal? Me neither.

Here are some tips for making your own at home.

- Start with a hearty jarred tomato sauce. It will create the foundation.

- Cook onions in a hot skillet and deglaze the pan with a good, sweet-ish white wine and reduce by boiling to reduce and concentrate the flavours and eliminate the alcohol.

- In the absence of fish stock, use clam juice, but be careful not to simmer to reduce any further. It can be quite salty.

- Cook any shellfish in broth, covered first and then top with fish. Cover to semi-simmer, semi-steam.

- Choose at least three different kinds of fish and feel free to ask for any trims and end cuts to economize. You don't need large pieces, — just mouthfuls.

- A homemade mayo is simple, but choose the best jarred version you can find, containing real ingredients, and stir in fresh minced garlic to fake it.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

A warming catch of the day

Cioppino. This fishy stew boasts delicacies such as salmon, cod, shrimp, mussels and a mayo-based topping

This dish comes together in about 20 minutes and is a great

Ingredients

- 1 medium onion, chopped
- 1 garlic clove, minced
- 1 tbsp extra virgin olive oil
- 1/2 cup white wine
- 2 cups tomato sauce
- 1/4 tsp dried basil
- 2 cups clam broth
- 8 mussels, shelled
- 8 raw shrimp
- 1/2 lb cod fillet (or other firm white fish)
- 4 oz salmon fillet

Topping

- 1/4 cup mayonnaise
- 2 tbsp plain Greek yogurt
- 1 clove fresh garlic, minced
- 1 tbsp fresh lemon juice
- Pinch cayenne pepper



**START TO
FINISH
20 MINUTES**

This recipe serves four. THERESA ALBERT

way to get a bowlful of brain-boosting omega-3s and essential lycopene from tomatoes.

1. Sauté onions and garlic in olive oil for 5 minutes. Add white wine and boil for 5 minutes un-

covered. Add tomato sauce, basil and clam broth. Cover tightly, bring to a boil.

2. Add mussels and simmer covered for 5 minutes. Add remaining fish, cover and cook

for 5-8 more minutes. Meanwhile, mix topping ingredients.

3. Divide into large bowls and top with topping. **THERESA ALBERT (@THERESAALBERT ON TWITTER AND FOUND AT MYFRIENDINFOOD.COM)**

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Oilers

Hall placed on IR with sprained MCL

The Edmonton Oilers have placed winger Taylor Hall on the injured reserve list and have recalled defenceman Keith Aulie from the American Hockey League's Oklahoma City Barons.

Hall, 22, suffered a sprained medial collateral ligament in his right knee when he crashed into the Vancouver net in Edmonton's 3-2 loss to the Canucks on Saturday.

The Oilers said Sunday that Hall is expected to be out for two to four weeks.

Hall has six goals and four assists in 11 games this season.

Aulie, a 25-year-old six-foot-six defenceman, has one assist and a minus-6 rating in eight games with the Barons.

THE CANADIAN PRESS

Rangers lose in shootout

Tarasenko leads Blues to victory

Vladimir Tarasenko scored in the third round of the shootout, and the St. Louis Blues stretched their winning streak to five with a 4-3 victory over the New York Rangers on Monday night.

Tarasenko, who had a goal and an assist in regulation, fired a shot past Cam Talbot to end the game and give the Blues their eighth win in their last nine visits to Madison Square Garden (8-0-1).

The Rangers lost at home in a shootout for the second straight game, following a 1-0 defeat against Winnipeg on Saturday. They are 4-1-2 in their past seven games.

THE ASSOCIATED PRESS

Sens about to answer the Lazar question

Nine games up.

Future looks bright for confident rookie, but is he in Ottawa to stay?

Will he stay or will he go? Curtis Lazar will finally get an answer this week.

The Ottawa rookie is expected to play his ninth game Tuesday night against the Detroit Red Wings, forcing the Senators to make a decision on the young centre's future.

The options are clear. The 19-year-old Lazar can either remain in the NHL or return to the Western Hockey League's Edmonton Oil Kings.

After eight games, Lazar has made a strong case for himself to remain in the NHL. He has just two assists, but he hasn't looked out of place and on many nights has been one of Ottawa's better players.

Over the course of the eight games, Lazar has played at wing and centre and killed penalties. He's even been out on the ice in the dying minutes of a close game.

Lazar is aware of the significance of Tuesday's game, but is trying not to overthink it.

"I approach it like another game and I know a decision's going to have to be made and it's sort of my last chance of an audition," Lazar said. "If I think about that, then it's not going to be beneficial to myself. I just have to go out and play and whatever happens, happens."

Lazar knew coming in he would be facing this situation, but as the deadline approaches he would rather know his fate sooner rather than later.



Senators forward Curtis Lazar, right, ties up the Blue Jackets' Artem Anisimov on Oct. 28 in Columbus. Lazar has been a solid option for the Sens so far this year, and is eager to learn whether he's staying in Ottawa or going back to Edmonton for the remainder of the season. JAY LAPRETE/THE ASSOCIATED PRESS

Not giving it away

"He's been very consistent and he hasn't done anything for us not to keep him."

Senators head coach Paul MacLean on Curtis Lazar

"I kind of want to get it out of the way," he said. "I kind of want the decision done where I can get a feel of where I'm going to be this season for the most part and get comfortable because I still have that in the

back of my mind. I could be going back to junior or I could be staying here. I don't know. It's up in the air. It sort of weighs on your mind a little bit, but nothing I can control, so I just go out there and play my game

and wait for the decision."

Head coach Paul MacLean has been reserved in his evaluation of Lazar's play to this point.

"We have to make the decision what's based best not only for our team, but also for him," MacLean said. "He's still a young man and we have to make sure he's in the proper environment to grow into the player that we all see him potentially being."

THE CANADIAN PRESS

Luck tosses 4 TDs, Colts trample Giants



The Colts' Hakeem Nicks runs the ball against the Giants' Prince Amukamara on Monday night in East Rutherford, N.J. AL BELLO/GETTY IMAGES

Andrew Luck threw three of his four touchdown passes in the third quarter and the Indianapolis Colts crushed the New York Giants 40-24 Monday night.

Luck threw a 31-yard scoring pass that wide receiver T.Y. Hilton ripped out of the hands of Giants cornerback Dominique Cromartie. He also had a 40-yarder to Reggie Wayne when defensive back Jayron Hosley went for an interception and missed it.

Luck added two-yard touchdown pass to tight end Dwayne

Monday Night Football

40	24
Colts	Giants

Allen after Jonathan Newsome forced an Eli Manning fumble with a sack and Sergio Brown returned it to the New York 4. It looked as if the Giants were in a giving mood.

Luck's 32-yard touchdown pass to a wide-open Coby Fleener in the second quarter came just seconds before New York coach Tom Coughlin got to throw a red flag to challenge a catch by Fleener on a 21-yard play right in front of the New York bench. Replays seemed to show the tight end did not hold on to the ball as he was tackled.

Luck was 25 of 46 for 354 yard. He has thrown for at least 300 yards in a franchise-record seven straight games.

THE ASSOCIATED PRESS

BREAKFAST FORECAST

Warm with a 100% chance of crunchiness.

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

3	5	4	1	6	9	8	7	2
8	7	1	2	5	3	9	4	6
9	2	6	8	7	4	3	1	5
2	8	3	5	9	1	4	6	7
1	4	9	6	8	7	5	2	3
5	6	7	4	3	2	1	9	8
4	1	8	7	2	5	6	3	9
6	3	2	9	1	8	7	5	4
7	9	5	3	4	6	2	8	1

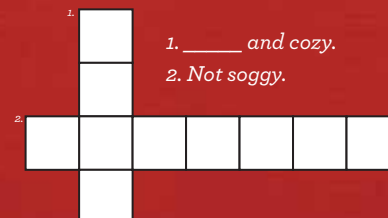
Conceptis Sudoku

By Dave Green

			1	6	9			
	7			5			4	
9		6				3		5
2								7
1	4					2	3	
5								8
4		8				6		9
	3			1			5	
			3	4	6			

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BONUS CROSSWORD



Horoscopes by Sally Brompton

Aries

March 21 - April 20

Don't take anything for granted over the next few days. The approaching full moon means that someone you are involved with business-wise may well be saying one thing while doing another.

Taurus

April 21 - May 21

A touch of realism is needed today, both on a creative level and in affairs of the heart. You don't want to be unkind, but you realize it is better to be blunt than misunderstood.

Gemini

May 22 - June 21

There are two ways you can deal with a problem: the quick way that calms things down in the short-term but does not guarantee it won't return; or the long way that takes more effort but is more effective. You know which is best.

Cancer

June 22 - July 23

A creative or romantic problem may seem to have no answer because you are looking at it from a negative angle. Raise your sights and it will quickly become apparent what needs to be done.

Leo

July 24 - Aug. 23

You need to find a better balance between your home life and your work life. Loved ones will give you the support you need but only if you are prepared to find time in your busy schedule to ease their doubts and fears.

Virgo

Aug. 24 - Sept. 23

A minor disagreement could escalate with alarming rapidity over the next 24 hours. The sad fact is some people are ridiculously touchy, so watch what you say and how you say it.

Libra

Sept. 24 - Oct. 23

You may be in a position today to help a friend resolve a dispute of some kind but unless they directly ask you to get involved you are strongly advised to keep your distance.

Scorpio

Oct. 24 - Nov. 22

The more someone tells you that your plans are not likely going to work out the more determined you will be to see them through to completion. You feel you have something to prove.

Sagittarius

Nov. 23 - Dec. 21

Plans made over the weekend may have to be changed or abandoned as reality sets in. The simple fact is you do not have the time or the resources to do what you said you would do.

Capricorn

Dec. 22 - Jan. 20

How hungry are you for success? If you are typical of your birth sign you are very hungry indeed and what you achieve between now and the end of the year will be little short of extraordinary.

Aquarius

Jan. 21 - Feb. 19

Watch out you don't upset people whose support you are going to need. No matter what happens, at work or in your private life, keep a cool head and keep telling yourself it will all come good in the end. It always does.

Pisces

Feb. 20 - March 20

It may seem as if some kind of barrier is too big for you to find a way around but don't give up. The approaching full moon will cause a number of things to come crashing down and maybe that barrier will be one of them.



The best of both bowls.

AUGMENTED REALITY

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Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Gettin' ___ Wit It by Will Smith
6. Terpsichore, in ancient Greek mythology, for one
10. ___ artist
14. Range
15. Caspian Sea country
16. Fashion magazine
17. Calgary neighbourhood
19. Gomer ___ (Jim Nabors role)
20. Saturday Night Live alum Horatio
21. "I ___ you so!"
22. Possessed, in ye olden days
23. Aahs' friends
25. Say "Cheese!"
27. Agnes Moorehead television role
30. Famous King, commonly
31. Healthy retreat
34. What Newfoundlanders are according to the Canadian Kennel Club: 2 wds.
37. Mr. Aykroyd
38. Ancient Greece's love god
39. Own, to a Scot
40. Telecommunications speed unit
41. Knock
42. Cariboo Gold Rush town in BC founded in 1862, a National Historic Site of Canada
46. ___ Na Na

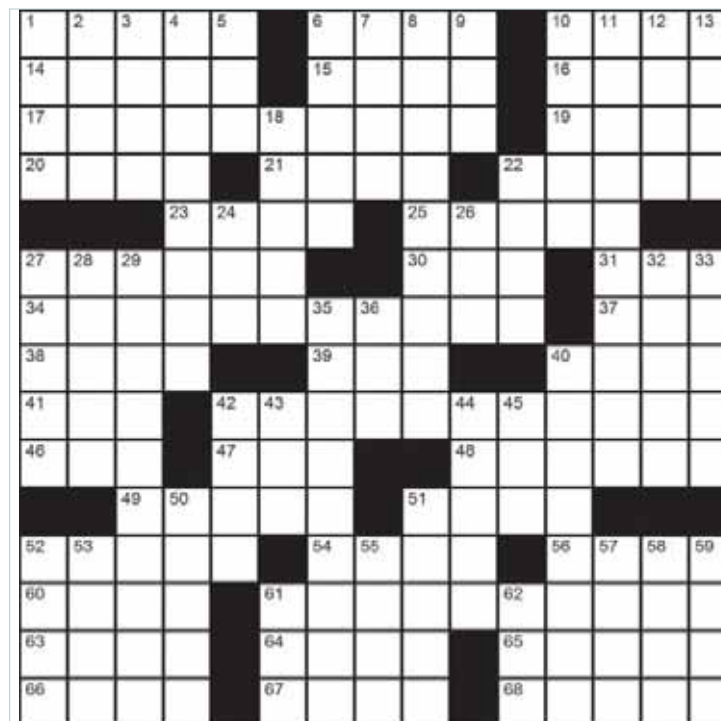
47. LummoX
48. ___ corpus
49. 1960s jacket style
51. ___ O (Pudding alternative)
52. Prefix to 'derma-brasion' (Facial treatment)
54. ___ (Line above the equator)

56. Notion
60. Horton Hears ___! (2008)
61. Disbelief
63. Well
64. Actress Ms. Malone
65. Waltz, in Paris
66. About: 2 wds.
67. Scheme

68. Halifax-born actress Ms. Page
- Down**
1. Fighter's pokes
 2. Opera singer Ms. Petina
 3. ___ and bear it
 4. "I'm quaintly surprised!"
 5. Charlottetown

- Airport code**
6. Canadian tennis player Mr. Raonic
 7. The ___ Mountains (Range in Russia)
 8. Architecture: Calgary's historic buildings material
 9. Cease
 10. Floral leaf

11. Horse from Scotland
12. "___ fair in love..."
13. ___ the Parents (2000)
18. Mr. Hawke
22. Billboard chart-toppers
24. "___ quit!"
26. Java holder
27. Pitchers
28. Music's Ms. Jones
29. Berth a boat: 2 wds.
32. 1963 Billboard chart-topper: Hey ___
33. Mountains in South America
35. "___ and Oates" (Folk duo comedy, on MuchMusic)
36. Cartoonist Mr. Browne
40. The Quiet Crooks band from Toronto
42. Fashion style, ___-chic
43. Swiss river, variantly
44. Scarlett's love
45. Ms. Bertinelli, to pals
50. Eat away
51. Kyoto locale
52. Wise Men
53. Victor's holler!: 2 wds.
55. Ms. Horne
57. ___ pickles
58. Latin 'being'
59. Sermon word
61. Sex and the City star ...her monogram
62. 'Select' suffix



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